

## MESSAGE SUMMARY

In Ephesians 5:8–14, you are reminded that following Jesus is not just about changing your behavior; it's about a complete change in your identity. You were once living in darkness, but now, through Christ, you are light in the Lord. Because of that new identity, you are called to live differently, producing what is good, right, and true. God's light exposes what is hidden, not to shame you, but to heal and transform you from the inside out. As you step into His light, your life begins to shine in a way that helps others see Jesus.

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## MAIN POINTS

- 1) Light Reveals (Ephesians 5:8)** Your identity has changed; you are no longer darkness; you are now light in the Lord. This is about identity, not behavior modification. Darkness represents spiritual blindness and ignorance. Light represents truth, purity, and God's presence. You don't become light by trying harder; you live from who you already are in Christ (1 John 1:5; John 12:46; Colossians 1:13).
- 2) Light Heals (Ephesians 5:9–13)** When you bring things into the light, God begins to transform and heal you. The fruit of light is: Good (moral integrity), Right (aligned with God), True (authentic, nothing hidden). You are called to discern what pleases God (not just what is allowed). Hidden sin keeps you stuck, but exposed sin can be healed. God reveals to restore, not to condemn (John 1:4–5; Psalm 119:105).
- 3) Light Shines (Ephesians 5:14)** Your transformed life becomes a light that points others to Jesus. Your life is meant to be visible and impactful. The goal is not just avoiding sin, but living on mission. When Christ shines on you, others see Him through you. Your story of transformation can help others step into the light (Matthew 5:14–16; Philippians 2:15).

**Big Idea:** God won't heal what you still hide.

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## DISCUSSION QUESTIONS

- 1) What does it mean that you “were darkness” but now “are light in the Lord”?** (Ephesians 5:8) *Possible Answer:* It means your identity has completely changed through Christ. You are not just someone who avoids sin; you are someone made new and brought into God's light (2 Corinthians 5:17).
- 2) Why does God expose what is hidden in your life?** (Ephesians 5:13) *Possible Answer:* God exposes sin not to shame you, but to bring healing and transformation. What is brought into the light can be changed (1 John 1:7–9).
- 3) What is something in your life you may be tempted to keep hidden from God or others?** *Possible Answer:* you might be hiding struggles like pride, anger, or secret sin, but God already sees it and invites you to bring it into the light so He can heal you (Psalm 139:23–24).
- 4) Who is someone you can trust to help you walk in the light more fully?** *Possible Answer:* a trusted friend, mentor, or growth group member who will encourage you, pray for you, and hold you accountable (James 5:16).

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## GOSPEL CONNECTION

The call to step into the light is really a call to come to Jesus. He is the Light who came into the world to rescue you from sin and darkness (John 8:12). If you are not yet following Jesus: turn from your sin (repent) and place your faith in Him. He alone can forgive you, give you a new identity, and bring you into the light. If you are a believer: don't hide parts of your life from God. Bring everything into the light, your struggles, your sin, your fears and trust Him to heal and transform you. Repent where needed, and walk daily in the truth of who you are in Christ.

Step into the light today. What you reveal, God will heal. And as He heals you, He will use your life to shine His light to others.

## DAILY DEVOTIONS

### Monday – You Are Light

**Key Verse:** “For at one time you were darkness, but now you are light in the Lord. Walk as children of light.” (Ephesians 5:8)

**Reflection:** Before Jesus, you didn’t just live in darkness; you were darkness. But now, through Christ, your identity has completely changed. You are light in the Lord, and your life is meant to reflect that new identity.

**Application Question:** How does remembering your new identity in Christ change the way you see yourself today?

**Possible Answer:** It reminds you that you’re not defined by your past or your sin, but by who God says you are new, forgiven, and transformed (2 Corinthians 5:17).

**Prayer Response:** Lord, thank You for changing my identity. Help me to live today as someone who belongs to the light. Teach me to see myself the way You see me and walk in that truth, in Jesus’ Name, Amen.

### Tuesday – Bring It Into the Light

**Key Verse:** “But when anything is exposed by the light, it becomes visible.” (Ephesians 5:13)

**Reflection:** It’s easy to hide parts of your life, but hidden things don’t heal. God’s light exposes what’s in the dark, not to shame you, but to restore you. When you bring things into the light, you open the door for real change.

**Application Question:** What is one area of your life you need to bring into the light?

**Possible Answer:** It could be a struggle, habit, or attitude you’ve been hiding. Bringing it to God in honesty and sharing with a trusted believer is the first step toward healing (1 John 1:9).

**Prayer Response:** Father, give me the courage to be honest with You (and others). Help me stop hiding and start trusting You with every part of my life. Shine Your light into my heart and begin Your healing work, in Jesus’ Name, Amen.

### Wednesday – Walk in What Pleases God

**Key Verse:** “And try to discern what is pleasing to the Lord.” (Ephesians 5:10)

**Reflection:** Following Jesus isn’t just about asking what’s allowed; it’s about asking what pleases God. As you grow, your heart begins to care more about honoring Him than just avoiding sin. God’s Word and Spirit help guide your choices.

**Application Question:** How can you begin to make decisions based on what pleases God instead of what is simply acceptable?

**Possible Answer:** You can pause before decisions, pray, and ask, “Does this honor God?” Then let Scripture guide your response (Romans 12:1–2).

**Prayer Response:** Lord God, shape my heart to desire what You desire. Help me not settle for what’s acceptable, but to pursue what pleases You in every area of my life. Lead me by Your Word and Spirit, in Jesus’ Name, Amen.

### Thursday – Live an Authentic Life

**Key Verse:** “For the fruit of light is found in all that is good and right and true.” (Ephesians 5:9)

**Reflection:** A life in the light is a life of integrity, good, right, and true. God doesn’t want you to live a double life, where one version of you is public and another is hidden. As you walk in the light, your life becomes more honest, whole, and real.

**Application Question:** Where in your life do you need to become more authentic and aligned with God’s truth?

**Possible Answer:** You may need to align your private life with your public faith, choosing honesty and integrity even when no one is watching (Psalm 51:6).

**Prayer Response:** Lord, make my life consistent and true. Help me live with integrity in both public and private. Grow in me what is good, right, and true so that my life reflects You, in Jesus’ Name, Amen.

### Friday – Shine Your Light

**Key Verse:** “Awake, O sleeper, and arise from the dead, and Christ will shine on you.” (Ephesians 5:14)

**Reflection:** God didn’t just save you from darkness; He saved you to shine. Your life is meant to point others to Jesus. As Christ shines on you, your words, actions, and story become a light to those around you.

**Application Question:** Who in your life needs to see the light of Christ through you this week?

**Possible Answer:** It could be a coworker, friend, or family member. You can shine by showing kindness, sharing your faith, or simply living differently in a way that reflects Jesus (Matthew 5:16).

**Prayer Response:** Lord God, thank You for shining Your light on me. Help me not hide it, but share it with others. Use my life to point people to You and bring hope into dark places, in Jesus’ Name, Amen.

Sources: John Stott, *The Message of Ephesians* (IVP, 1979); F.F. Bruce, *The Epistles to the Colossians, to Philemon, and to the Ephesians* (Eerdmans, 1984); Crossway Bible Dictionary (entries on “Light” and “Darkness”); Pastor Jon Kregel Sermon Notes: *Step Into the Light – Walking with Jesus, Week 3* (Ephesians 5:8–14).